Ottawa metro

Your essential daily news | WEDNESDAY, NOVEMBER 30, 2016 | High 6°C/Low 4°C Chance of showers

$6.8B
Trudeau reveals big pipeline project
metroNEWS

ISTOCK

EW.
Cockroaches and bed bugs are infesting Ottawa rooming houses — and that's just for starters
metroNEWS

Ottawa Hospital says definitely not

REJECTED

Tunney's Pasture nixed as site for new Civic campus

Ryan Tumilty
Metro | Ottawa

The Ottawa Hospital board has rejected Tunney's Pasture as the site of its new Civic campus.

Many people in Ottawa were surprised by the National Capital Commission's recent recommendation of Tunney's Pasture — now home to a sprawling campus of government office buildings — as the best of 12 available parcels of federal land for the new Civic campus.

The Ottawa Hospital had its eyes on 24 hectares of Central Experimental Farm lands, which are right across the street from its existing location.

Hospital board chair James McCracken said the Tunney's site was unacceptable because of the cost of moving federal government workers to new workplaces and demolishing the office buildings that are there now to make way for the new Civic campus.

"We cannot impose this financial burden on our fundraising community that has supported us for decades, or ask taxpayers to step into their place," he said in a statement. "We do not serve our patients' best interests by choosing an option that inflates the cost of a new hospital at a time when health-care dollars are so scarce."

McCracken said the board was also concerned about access to the site for people who drive, as well as the lengthy time line to build at Tunney's.

"Any of these concerns taken individually is serious enough but, taken together, these three concerns pose a risk we cannot pass on to our patients and the community at large," he said.

The NCC's review of possible hospital sites concluded Tunney's was the ideal site for a hospital because it is in the city's core, offers good transit, including light-rain linkages, and did not disturb the Experimental Farm.

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Your essential daily news

British vegans upset about animal fat in manufacturing process of new £5 notes.

The city will give a greater share of fair revenue to Metrolinx under the new deal.
TARA WALTON/TORSTAR NEWS SERVICE

More Presto for Metrolinx

TRANSIT

Deal would give company bigger share of card revenue

Ryan Tumilty
Metro | Ottawa

Metrolinx will get three times more from the city as part of a deal to extend the use of Presto cards on OC Transpo.

In a deal the transit commission will be asked to approve next week, Metrolinx will continue to provide Presto card service to OC Transpo for the next 10 years, but they will take six per cent of every fare instead of taking two per cent, as they do now.

That increase will be phased in gradually beginning in 2018 and will be fully in place in 2021.

Pat Scrimgeour, the city's director of transit customer systems and planning, said if the new agreement is approved, the city would cover the costs as it always does.

"We are looking at those for future years budgets, to be offset by either reduced costs or to be offset by budget increases," he said.

Scrimgeour said Presto is slowly becoming a much larger share of the city's transit system and they expect that to continue.

"When people have moved away from paper passes and paper tickets it will be about two-thirds of all of our revenue process through the system," he said.

In 2027, the last year of the new deal, the city expects to bring in $223 million in fare revenue through Presto and pay Metrolinx $13.9 million.

Coun. Marianne Wilkinson said she will have questions for staff next week, but since several grants are tied to the city's use of Presto it will be difficult to avoid.

"We don't have any choice," she said. "The problem is of course that we are required to use the Presto card in order to get the grants from the province."

She said all of the municipalities using Presto will have to take a unified stand to keep costs down

"The different municipalities that use the system have to work together to be consistent."

PRESTO DEAL BREAKDOWN

What does the new Presto deal mean for you?

What is happening with Presto cards?
The city's transit commission will consider a plan next week to sign a new agreement with Metrolinx, the provincial transit agency, to continue using the Presto card system for OC Transpo, but at slightly higher costs.

Higher costs?
Yes, currently the city pays Metrolinx two per cent of each fare paid with Presto cards, while that will stay the same next year under the proposal it will then start to rise.

In 2018, it will hit three per cent of fares and then rise to six per cent by 2021 were it will hold until 2027.

Can the city say no?
Councillors could say no and send city staff back to the negotiating table. The six per cent fee is higher than the city wanted, but lower than the 10 per cent Metrolinx was looking for.

The city also secured an agreement that if other municipalities secure a better deal with Metrolinx then Ottawa gets that better deal as well.

What about the U-Pass?
Metrolinx is considering a solution for U-Pass, but for now it's not part of this deal. The city has also made clear that any solution for U-Pass can't add new costs to the system.

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COMPLETE STREET

Mixed reviews for Richmond proposal

A proposal to limit access to Byron Avenue at Woodroffe Avenue is getting mixed reviews after it was floated at a recent public meeting.

The Nov. 15 meeting was about the plan for the "complete street" for Richmond Road between the Sir John A. Macdonald Parkway and Berkley Avenue, and the plans for the Byron Linear Park between Cleary and McEwen, where the LRT will run underground. Complete streets accommodate the needs of all street users and include elements like wider sidewalks, crosswalks, pathways and cycling facilities.

Limiting access to Byron is just one of the options the city is reviewing, according to Chris Swail, who heads the Stage 2 LRT project. The city has also looked at creating a protected intersection or a roundabout — that option was deemed not operationally or geometrically possible.

Kitchissippi Coun. Jeff Leiper said the Woodroffe Avenue and Richmond Road area, including limiting access to Byron Avenue, is one of the most contentious aspects of the complete street project and the linear park renewal. Bay Coun. Mark Taylor, who is the area councillor for the project, said one of the largest concerns is connectivity, not only for pedestrians to get to local shops, but for cyclists as well.

The complete street for Richmond Road is still a while away. The complete street project would be completed during the same time as Stage 2 of LRT, projected for 2023.

MELISSA MURRAY/METROLAND MEDIA

DRAFT BUDGET

Overdoses stretch public health funds

Haley Ritchie
Metro | Ottawa

Ottawa Public Health is moving ahead next week with its draft budget, with numbers up for discussion at Monday night's board meeting.

The report going to the board says most cities are "fiscally constrained" right now, and the budget has tried to control costs through administrative and program reviews.

The organization's draft budget for 2017 is $59.7 million, with a slight increase of City of Ottawa funds and provincial funds. The overall increase from 2016 is 1.5 per cent.

Despite the increase, the report notes that there are pressures facing the organization, such as the country-wide fentanyl and overdose crisis; stricter health inspections and the demands of the city's 2017 celebrations.

Changes to public health inspections are also putting pressure on staff. The report notes that rabies reports now need to be investigated within 24 hours and OPH received 30 per cent more calls in 2016.

Coun. Catherine McKenney, Mike Bulthuis, executive director of the alliance to end homelessness and Joanna Binch, a nurse practitioner who visits rooming houses often at a press conference Tuesday releasing the report. RYAN TUMILTY/METRO

Problems blighting city rooming houses

HOUSING

Health centres call for help in wake of issues

Ryan Tumilty
Metro | Ottawa

Two community health centres are calling on the City of Ottawa and the Ontario government to be more proactive after finding plumbing and heating problems, overcrowding and infestations of bed bugs and cockroaches in the city's rooming houses.

The Somerset West Community Health Centre and the Centretown Community Health Centre wrote the report looking at the conditions in rooming houses. After interviewing tenants living in the houses, they found widespread problems and are recommending new bylaws and more rental income support.

Joanna Binch , a nurse practitioner who focuses on rooming houses, said they have seen all kinds of issues in the houses.

"We have seen those broken faucets, broken windows and broken stairs that make it difficult to traverse," she said.

She said people who are recently homeless or in dire economic straits often have no choice and the city has to do more to improve conditions.

"For a certain segment of the population this is the only choice that they have," she said. "These are very vulnerable people."

While the research involved interviews with only 10 residents, Binch said those interviews just confirmed what they have seen during their own visits. The centres are calling on the City of Ottawa to pass a new bylaw that would limit rooming houses to a maximum of four occupants sharing the same kitchen and bathroom.

> **This is the only choice they have. They are vulnerable.**
> Joanna Binch

They also want to see more resources for inspections and they want the province to increase the rent supplement program. Coun. Catherine McKenney said the people living in rooming houses aren't able to raise these issues.

"If you are that vulnerable and you're terrified of being homeless, you are not going to complain, you are not going to speak out," she said. "So, that is for us to do."

She said she hoped to bring forward bylaw changes soon. She also said the city has to step up its resources for inspecting rooming houses.

"If we are licensing a rooming house we have to be serious about it."

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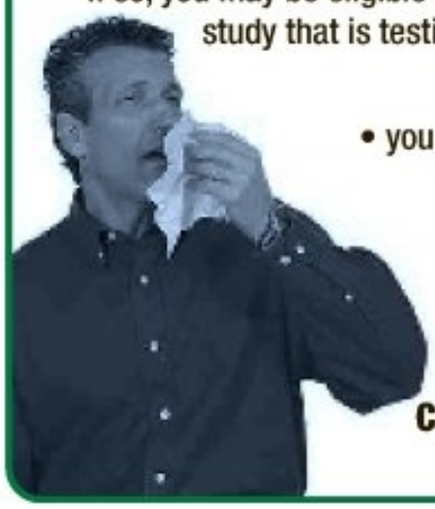

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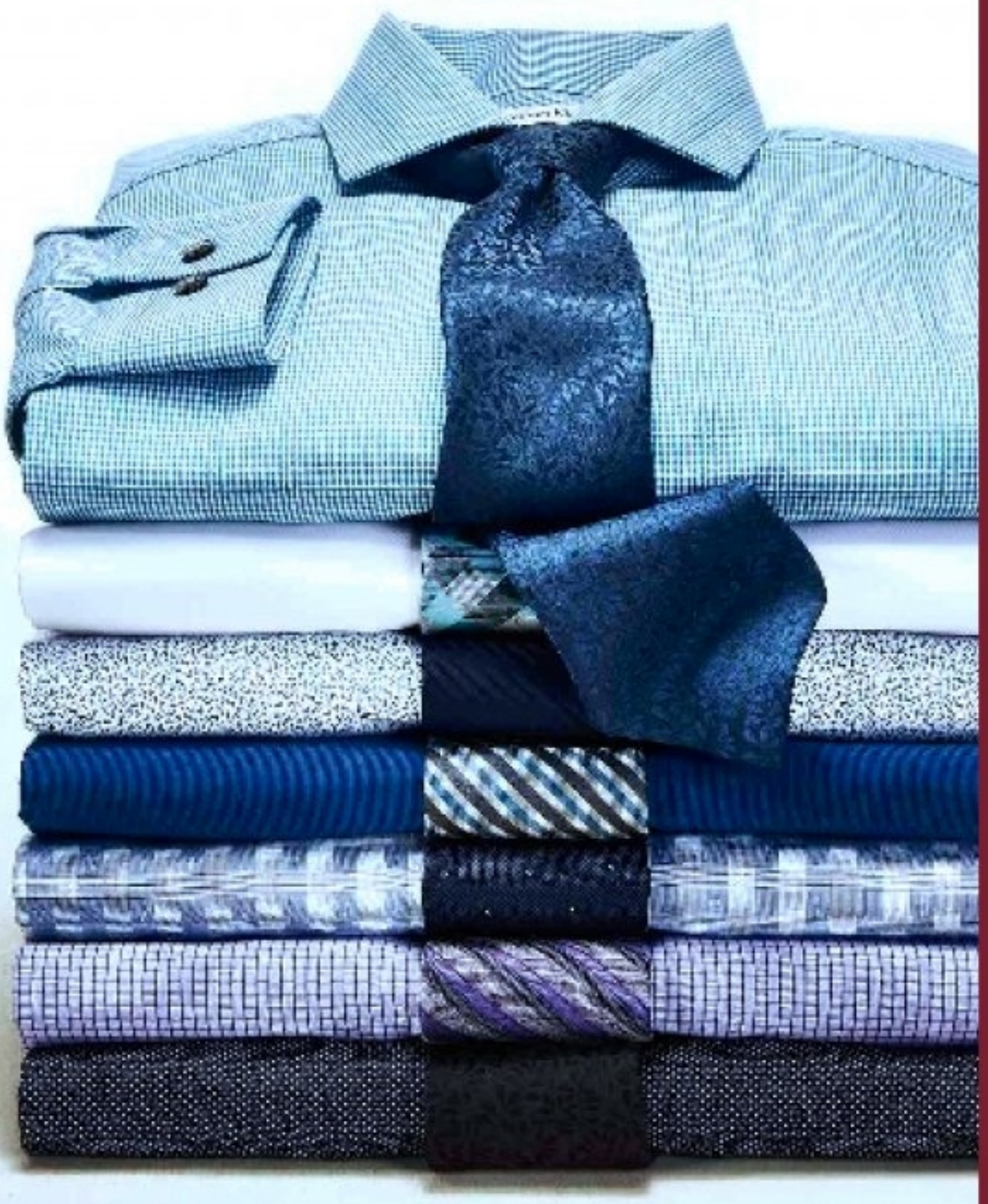

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VICTORY PARADE REDBLACKS BRING GREY CUP HOME Ottawa Redblacks Patrick Lavoie raises the Grey Cup over his head during a rally at Aberdeen Square on Tuesday, celebrating the team's victory over the Calgary Stampeders. JUSTIN TANG/THE CANADIAN PRESS

Loss of privacy upsets residents

HOUSING

Residential subdivision to be built on cemetery lands

Findlay Creekers whose homes back onto cemetery lands that will one day be transformed into a residential subdivision have no shortage of ideas to minimize their loss of privacy.

"We're losing all that and we're going to have a bunch of houses in our backyard," said Doug Brousseau, who lives on Bulrush Crescent, one of two affected streets at the north end of the community.

"My biggest concern … is having a two-storey house in my backyard where I used to have green space and coyotes and turkeys and deer. We don't want people two storeys up looking into our houses there and we were never told they would be there."

Homeowners recently sounded the alarm after learning the Catholic Archdiocese of Ottawa sold a vacant parcel of Hope Cemetery land to developer Tartan. The proposal currently working its way through the city approval process calls for the transformation of six hectares into 150 housing units, including 60 detached single-family homes and 90 townhomes.

"We're not going to stop it. We all know that. The houses are going to be built," Brousseau said. "We'd just like consideration (for) the mix of housing. Single-family homes is fine, but they should be bungalows against bungalows."

> **My biggest concern is having a two-storey house in my backyard.**
> Doug Brousseau

Melissa Côté, Tartan land use planner, said residents' concerns have been heard.

Building mirror-image bungalows, putting in a buffer block and berm, planting tall trees close together, as well as increasing the distance between new homes and the existing property line are the preferred options pitched by those living on Bulrush and Mangrove crescents at the north end of Findlay Creek.

"Some of those options are viable," Côté said. "Some, I think, could be a little more challenging."

The new neighbourhood would be built at the same time as a 900-home subdivision proposed for a large swath of undeveloped land southwest of Bank Street and Leitrim Road. As part of the redevelopment, Kelly Farm Drive would be extended from White Alder Avenue to Leitrim Road, where a traffic signal will be installed.

ERIN MCCRACKEN/METROLAND MEDIA

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Umber Realty launched their virtual reality tours on Nov. 25.
CONTRIBUTED

Realtor takes market on a virtual tour

REAL ESTATE

Service will let buyers, sellers comfortably view homes

Haley Ritchie
Metro | Ottawa

Local company Umber Realty is experimenting with new technology by giving buyers and sellers the option of virtual reality property tours.

The company began offering the VR service in October, with an official launch last week.

Founder Shaun Denis said he saw a lot of big smiles at the launch event from people trying the technology for the first time, including a client who was able to tour his former home in the Glebe.

"Now we're able to bring the property to buyers, instead of bringing buyers to the property," he said.

The ability to view 360-degree photos on a desktop computer is not new, but now there's an ability for an immersion experience — seeing the house through a special headset like the Samsung Gear or the Google Cardboard.

"You really feel the space, and I think that's important when you're looking to purchase a home. You don't just look at the specs, it's about how you feel in the home," said Denis.

Using a headset, either borrowed from Umber or inexpensively purchased, users can load up a house and move their head to explore rooms.

Marketing director Jess Petrella said the company doesn't expect home buyers to suddenly make purchases based on a VR tour, but the technology could help narrow down options or help buyers outside of Ottawa.

> **We're able to bring the property to buyers.**
> Shaun Denis

"It really transports you into the space, you can go visit the space again and again without booking a showing or leaving your home," said Petrella. "We've seen (the technology) change a lot of industries already."

OFFICIAL VISIT

U.S. Vice-President Biden to visit city next week

Outgoing U.S. Vice-President Joe Biden will be making an official visit to Ottawa next week.

Biden will be in Ottawa Dec. 8-9. While here, he will meet Prime Minister Justin Trudeau and take part in an official dinner.

"Canada has no closer friend, partner, and ally than the U.S., and our relationship with our neighbour to the south is critical to citizens on both sides of the border," said Trudeau.

This is likely the last visit Biden will make to Ottawa as vice-president.
THE CANADIAN PRESS

CARLETON HEIGHTS

Son charged in deaths of his parents

A former Ottawa Citizen reporter and his wife were found dead at their Carleton Heights home Monday night, and their son has now been charged with two counts of first-degree murder.

Cameron Rogers, 22, appeared in a Montreal courtroom Tuesday morning. He returned to Ottawa later that day.

Police in Montreal said they alerted the Ottawa force after a man called 911 and allegedly confessed to killing his parents a few days earlier.

Ottawa police say information received from the Montreal force Monday evening prompted officers to check on the residents of a home on Apeldoorn Ave. near Meadowlands Drive.

There officers found the bodies of Dave Rogers, 69, and Merrill Rogers, 63. The Ottawa Citizen says Dave Rogers was a reporter with the newspaper from the early 1970s until 2010.

Both the Ottawa Citizen and CBC reported that Cameron Rogers is the couple's son.

The deaths are Ottawa's 18th and 19th murders this year.

Police are asking anyone with information on the case to contact them. METRO, WITH FILES FROM THE CANADIAN PRESS

A police cruiser and tape surround an Ottawa home on Tuesday. FRED CHARTRAND/THE CANADIAN PRESS

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Oil projects flowing

ENERGY

Trudeau gives OK to pipelines amid backdrop of outrage

The Liberal government has approved two major pipeline projects, including a controversial plan to transport Alberta bitumen to British Columbia's coast, setting up a showdown between Ottawa and local political and First Nations leaders.

Prime Minister Justin Trudeau announced late Tuesday afternoon that his government has approved the Kinder Morgan Trans Mountain pipeline expansion and Enbridge's Line 3 pipeline replacement.

The $6.8-billion Trans Mountain project would add 980 kilometres of new pipeline between Edmonton and Burnaby to open up a route to the Pacific for the Alberta oil sands.

The project has faced strong opposition in British Columbia, including from First Nations communities, Vancouver Mayor Gregor Robertson, and local Liberal MPs.

"To them, and to all Canadians, I want to say this: If I thought this project was unsafe for the B.C. coast, I would reject it," said Trudeau at a press conference Tuesday. "This is a decision based on rigorous debate, on science, and on evidence. We have not been, and will not be, swayed by political arguments … we have made this decision because we are convinced it is safe for B.C., and it is the right one for Canada."

During the announcement, Trudeau repeatedly pointed to recent steps the Liberals have announced to protect the environment — including committing to wean Canada off coal by 2030 and a five-year, $1.5-billion coastal protection initiative.

But critics have pointed to the tension between approving new oil pipelines while committing to the Paris Agreement on emission reductions.

"Today's announcement may as well have said that Canada is pulling out of the Paris climate agreement," said Aurore Fauret, a campaign director with environmental advocacy group 350.org, in a statement.

TORSTAR NEWS SERVICE

Prime Minister Justin Trudeau and Alberta Premier Rachel Notley meet on Parliament Hill in Ottawa on Tuesday. JUSTIN TANG/THE CANADIAN PRESS

Pilot 'will be forever missed'

A pilot killed when his CF-18 fighter jet crashed during a training exercise near the Alberta-Saskatchewan boundary is being remembered as a dedicated airman who served overseas and once helped escort Santa on a Christmas delivery mission.

Capt. Thomas McQueen, 29, from the Hamilton, Ont., area, had been with the military for a decade and was engaged to be married.

He was a member of 401 squadron at 4 Wing Cold Lake in northeastern Alberta.

"I can tell you first-hand how much of an incredible person he was and that he was dedicated to the service of Canada," Col. Paul Doyle, commanding officer of the base, told reporters Tuesday.

Doyle said he had been one of McQueen's instructors and had tremendous respect for the pilot. "His energy and dedication caused him to be recognized as the leader among his peers. He will be, and is, forever missed."

THE CANADIAN PRESS

Capt. Thomas McQueen
CANADIAN ARMED FORCES IMAGERY

MILITARY

Women-recruiting plan is floundering

Canada's military is moving women to the top of the recruiting line as part of its effort to bring more gender balance to its uniformed ranks.

The announcement came Tuesday after the auditor general concluded that the military's aspiration of having women make up 25 per cent of its personnel within the next decade appeared to be just that — a dream with no strategy to actually accomplish the goal.

Gen. Jonathan Vance, the chief of defence, announced earlier this year that the Canadian Armed Forces would boost the number of women in the ranks by one per cent a year until the goal of 25 per cent had been met.

But a report by the auditor general of Canada found that the military lacked a strategy to actually achieve that target.

"While some efforts were made to attract women, no special recruiting program was developed for that purpose," the report said.

But on Tuesday, the general in charge of military personnel said there was a strategy ready to recruit more women and improve recruiting overall.

"To increase the representation of women in the (Canadian Armed Forces), women applicants who meet the required entry standards will go to the head of the queue," Lt.-Gen. Christine Whitecross, commander of Military Personnel Command, said in a statement.

That move also includes the two military colleges, where young officers began their careers. TORSTAR NEWS SERVICE

AG REPORT

Some key findings:

- **The Canada Revenue Agency takes too long to respond to objections to its income tax decisions**
- Transport Canada has no way of assessing the potential security improvements resulting from a $133-million baggage screening technology initiative.
- The CRA also fails to adequately analyze or review decisions on objections and appeals, nor does it adequately share results throughout the agency.

EQUALITY

Gay couples will no longer have to adopt their own kids

Same-sex parents in Ontario and others who use assisted reproduction to conceive will no longer have to adopt their own children.

The All Families Are Equal Act ensures that couples such as those who use a donor or a surrogate are legally recognized as parents, updating laws for the first time since 1978.

Under the old rules, same-sex parents often had to go to court to get that legal recognition.

The law, which will be in force as of Jan. 1, passed the Ontario legislature unanimously Tuesday, though nearly half of the Progressive Conservative caucus was absent for the vote. THE CANADIAN PRESS

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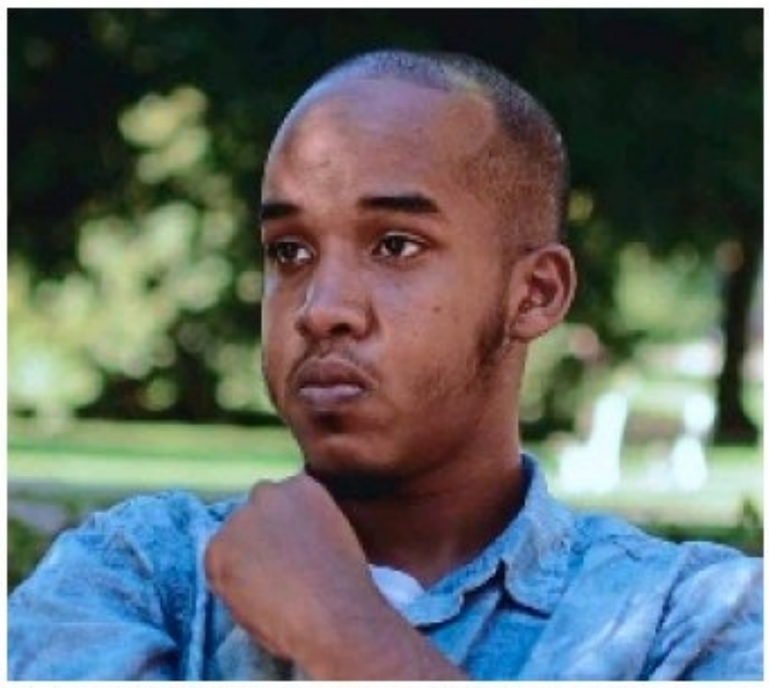

Abdul Razak Ali Artan was identified as the Ohio State student who was shot to death Monday after he ran his car into a crowd at Ohio State University. THELANTERN.COM/THE ASSOCIATED PRESS

Daesh hails Ohio State murderer

COLUMBUS

Somali-born student claimed by terror group as 'a soldier'

The Somali-born student who went on a car-and-knife rampage at Ohio State University railed on Facebook against U.S. interference in Muslim lands and warned, "If you want us Muslims to stop carrying lone wolf attacks, then make peace" with Daesh, a law enforcement official said Tuesday.

The posts from Abdul Razak Ali Artan's account came to light after Monday's violence, which left 11 people injured. "America! Stop interfering with other countries, especially the Muslim Ummah. We are not weak. We are not weak, remember that," he wrote, using the Arabic term for the world's Muslim community.

"Every single Muslim who disapproves of my actions is a sleeper cell, waiting for a signal. I am warning you Oh America!" Artan also wrote.

Artan drove a car up onto a sidewalk and plowed into a group of pedestrians shortly before 10 a.m. He then got out and began stabbing people with a butcher knife before he was shot to death by a campus police officer.

On Tuesday, a Daesh news agency called Artan "a soldier of the Islamic State" who "carried out the operation in response to calls to target citizens of international coalition countries."

Daesh has previously described other attackers around the world as its "soldiers" without specifically claiming to have orchestrated the acts of violence.

Artan was born in Somalia and was a legal permanent U.S. resident, according to a U.S. official who was not authorized to discuss the case and spoke on condition of anonymity.

A law enforcement official said Artan came to the United States in 2014 as the child of a refugee. He had been living in Pakistan from 2007 to 2014.

THE ASSOCIATED PRESS

THAILAND HAS A NEW KING

Thailand's parliament on Tuesday named Crown Prince Vajiralongkorn as king, completing a formal step following the death of his father last month.

The Cabinet submitted Vajiralongkorn's name to the National Assembly after a brief meeting, where he was formally acknowledged

as the new monarch.

"I would like everyone to stand up and give their blessings to the new king," said National Assembly president Pornpetch Wichitcholchai.

THE ASSOCIATED PRESS

WILDFIRES

'Walking through hell' in Tennessee

Wildfires fuelled by high winds roared through parts of the Great Smoky Mountains, chasing thousands of people from their homes.

National Guard troops arrived Tuesday to help overwhelmed firefighters, and Mother Nature provided a little relief as the winds calmed and rain fell in some areas. Forecasters said it would not be enough to end the relentless drought that has spread across the South and set the stage over the past few weeks for wildfires in Tennessee, Georgia and North Carolina.

Linda Monholland, who was working at Park View Inn in Gatlinburg, said it was about 9 p.m. Monday when she left her workplace with about five other people. Surrounded by flames the whole way, they walked for about 20 minutes to a trolley to evacuate.

> **I never want to see something like that again in my life, ever.**
> Linda Monholland

"There was fire everywhere. It was like we were in hell. Hell opened up," said Monholland, who was staying Tuesday at Rocky Top Sports World, an 80-acre sports facility that has been turned into a shelter. "Walking through hell, that's what it was. I can't believe it. I never want to see something like that again in my life, ever."

Photos of the popular tourist area showed scorched cars and buildings, and soot-covered debris littered across roads in the Gatlinburg area. A smoky haze hung in the air, obscuring picturesque views of mountains in the fall, awash in trees with leaves of red, yellow and gold.

The latest wildfires grew Monday night when wind high winds blew trees onto power lines, sparking new fires and spreading embers over long distances, officials said. THE ASSOCIATED PRESS

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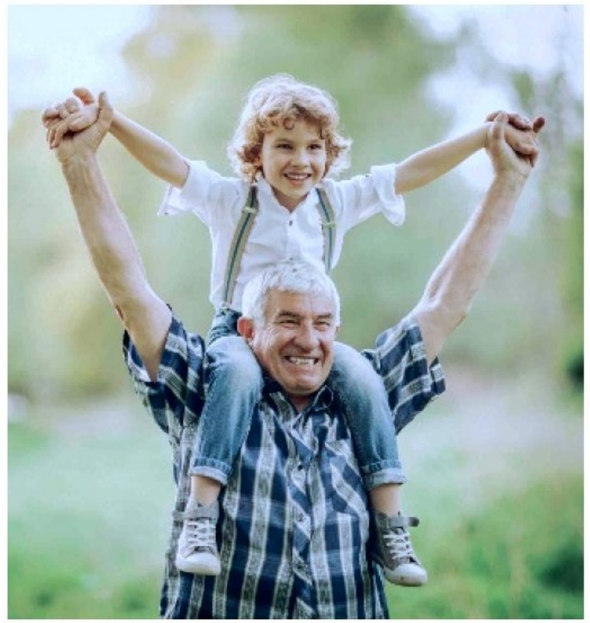

Staying active can mean something as simple as spending the day with the grandkids. ISTOCK

Staying active in retirement

HEALTH AND WELLNESS

Active lifestyle keeps seniors golden in their golden years

Vawn Himmelsbach

One of the worst things seniors can do in retirement is become inactive, a habit that can lead to reclusive behaviour — even depression.

Numerous experts cite the benefits of exercise and active living, from greater strength, endurance and flexibility to better mental health. Studies show that exercise can boost one's mood, improve brain function and even help prevent memory loss.

It can help lower the risk of chronic diseases such as Alzheimer's, diabetes, heart disease, colon cancer and osteoporosis, and may help reduce the impact of chronic diseases by improving immune function.

Staying active in retirement, however, doesn't mean running a marathon (though, for some, it might!). It's about spending a day with the grandkids or handling daily household chores without feeling completely exhausted. If seniors are leading a sedentary life and haven't been regularly active for years (or decades, or ever), experts recommend consulting with a doctor first to make sure a chronic condition — such as back pain or arthritis — won't be made worse.

The biggest challenge, though, is staying motivated. Retirees should find activities they enjoy that they can easily incorporate into daily life. Walking is always an option; it doesn't cost anything, doesn't require special equipment and can be done almost anywhere (with friends and loved ones). Swimming and water aerobics are also good options, since exercising in water reduces strain on the joints.

Seniors can help themselves stay motivated by finding a 'gym buddy' or joining a class. A regular routine, such as working out with a personal trainer or joining a dance class, can keep an activity regimen on track.

A 2011 survey by Norwegian researchers found that exercising at any level is associated with better physical and mental health, especially for older men and women.

Having a financial plan in place can make it easier for seniors to stay active and healthy after retirement. And those working with a financial advisor are more likely to have a retirement savings goal, according to the Insured Retirement Institute.

So whether that's cycling along the Dalmatian Coast in Croatia or learning to salsa, they'll be able to pursue those goals long into their golden years.

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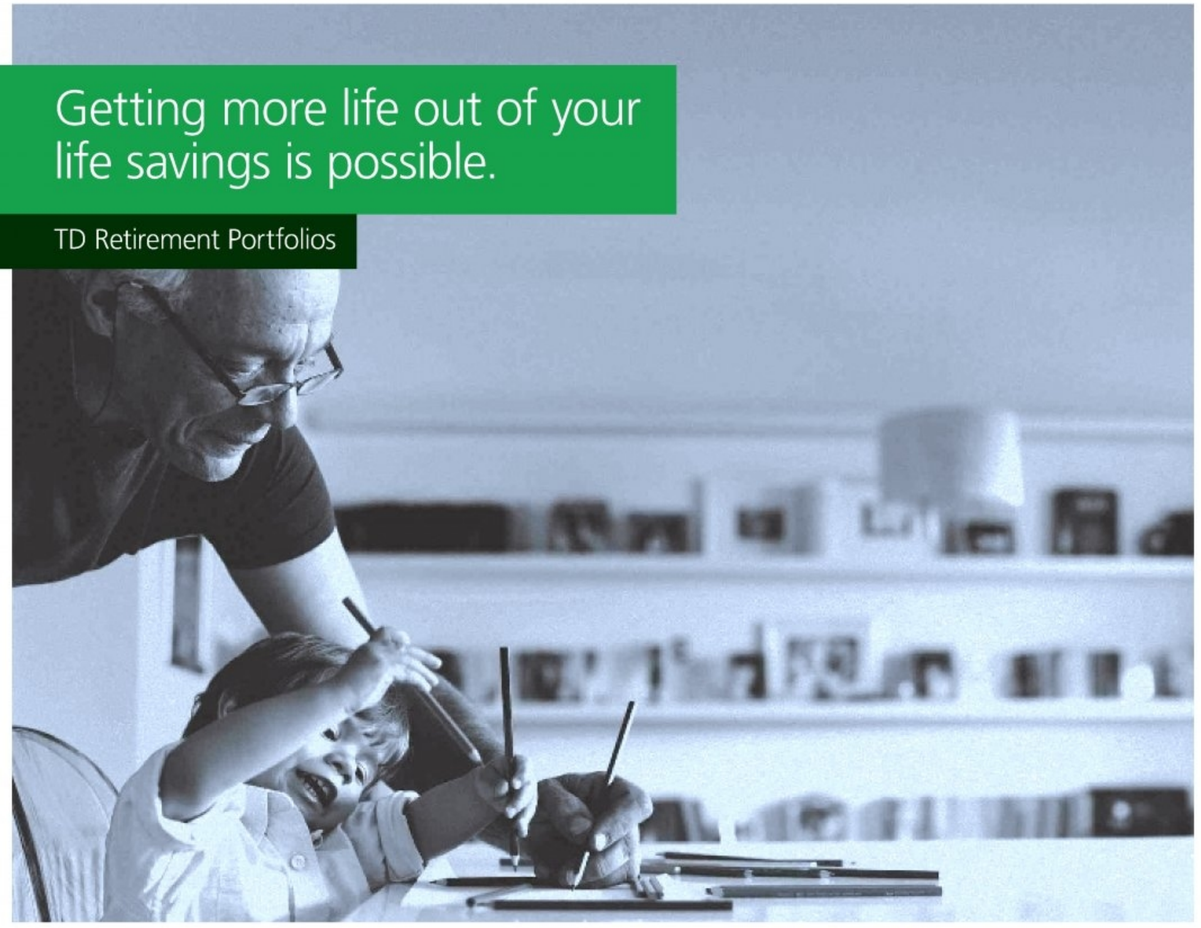

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Golden-year volunteers

RETIREMENT YEARS

Helping others can give retirees a sense of purpose

Vawn Himmelsbach

Few seniors plan to lie around on the couch all day and watch TV during their retirement years.

But many newly retired seniors find themselves bored or even depressed without a daily routine or feeling of greater purpose.

A sense of purpose can add years to your life, according to researchers from Carleton University in Ottawa and the University of Rochester in New York, who published their 2014 study in Psychological Science. After tracking 7,000 adults for 14 years, they found those who had a purpose or direction in life outlived those who did not.

And in a research study led by the Rotman Research Institute at Baycrest Health Sciences, Canadian and American scientists examined 73 studies published over the past 45 years involving adults aged 50-plus in volunteering roles. The results were consistent: volunteering was linked to reductions in symptoms of depression, better overall health and greater longevity.

Volunteering offers a way for seniors to give back to the community while staying active and socially involved. It doesn't have to become a full-time commitment — there are countless opportunities for volunteering, from helping out at a food bank to walking dogs at an animal shelter to mentoring youth.

There's also an opportunity for retirees to use the skills and expertise they've built up over a lifetime. Many non-profits, for example, need help in areas such as accounting, management and marketing, but don't have the budget for it.

On the other hand, retirees may want to try something entirely new. That could mean learning a skill or hobby they've always been interested in but never had time for. Those new skills and hobbies could also be put to good use for a non-profit.

Resources such as Volunteer Canada (volunteer.ca) can help retirees find a volunteer position, and the Canadian Association for Retired People (carp.ca) offers an online directory of organizations looking specifically for retired volunteers.

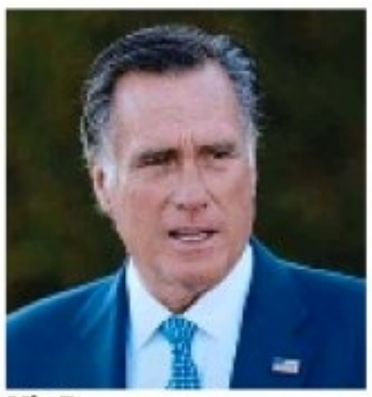
Volunteering, however, is just that — there's no pay cheque at the end of the day. So being able to help others means having enough retirement savings to volunteer time without pay. Planning ahead, working with a financial advisor and having a retirement strategy ensures that when you retire, you can choose to use your skills to help others instead of working to pay the bills.

Volunteering offers a way for seniors to give back to the community while staying active and socially involved. ISTOCK

U.S. ELECTION

Romney among latest visitors to Trump Tower

Reaching deep into conservative territory, President-elect Donald Trump chose Georgia Rep. Tom Price to oversee the nation's health-care system on Tuesday, picking a fierce "Obamacare" critic who also has championed efforts to privatize Medicare. Trump selected another veteran Republican, Elaine Chao, to lead the Department of Transportation.



Mitt Romney THE ASSOCIATED PRESS

Both have long ties to Washington.

Price, picked to lead the Department of Health and Human Services after more than a decade in Congress, helped craft House Speaker Paul Ryan's plan to privatize Medicare — a position Trump opposed in the campaign. Chao, who was the first Asian-American woman to serve in a president's Cabinet, is married to Senate Majority Leader Mitch McConnell.

Trump announced his choice of Price, while the selection of Chao was confirmed by a person with knowledge of the decision but not authorized to speak publicly.

The selections came as Trump spent Tuesday with advisers in his Manhattan skyscraper, racing through meetings with prospective administration hires as high-profile vacancies loom — none bigger than secretary of State. Former Massachusetts Gov. Mitt Romney, on the shortlist for the nation's chief diplomat, was to have a private dinner with the incoming president.

Trump also met with former vice-president Dan Quayle, who is not a Cabinet candidate, among a half dozen visitors on the day.

THE ASSOCIATED PRESS

ITALY SEE YOU NEXT YEAR! Emma Morano blows out candles on her birthday cake in Verbania, Italy, on Tuesday. At 117 years of age, Morano is now the oldest person in the world and is believed to be the last surviving person who was born in the 1800s, born on Nov. 29, 1899. ANTONIO CALANNI/THE ASSOCIATED PRESS

Soccer world mourns loss of Brazilian team

COLOMBIA

Black boxes recovered as tragedy cuts short fairy tale

Colombian authorities searched for answers Tuesday into the crash of a chartered airliner that slammed into the Andes mountains while transporting a Brazilian soccer team whose Cinderella story had won it a spot in the finals of one of South America's most prestigious regional tournaments. All but six of the 77 people on board were killed.

The British Aerospace 146 short-haul plane declared an emergency and lost radar contact just before 10 p.m. Monday, according to Colombia's aviation agency. It said the plane's black boxes had been recovered and were being analyzed.

Whatever the cause of the crash, the emotional pain of Colombia's deadliest air tragedy in two decades was felt across the soccer world.

Expressions of grief poured in as South America's federation cancelled all scheduled matches in a show of solidarity, Real Madrid's squad interrupted its training for a minute of silence and Argentine legend Diego Maradona sent his condolences to the victims' families over Facebook.

Brazil's top teams offered to loan the small club players next season so they can rebuild following the sudden end to a fairy-tale season that saw Chapecoense reach the tournament final just two years after making it into the first division for the first time since the 1970s. "It is the minimum gesture of solidarity that is within our reach," the teams said in a statement.

Sportsmanship also prevailed, with Atletico Nacional asking that the championship title be given to its rival, whose upstart run had electrified soccer-crazed Brazil.

Rescuers working through the night were initially heartened after pulling three people alive from the wreckage. But as the hours passed, heavy fog and stormy weather grounded helicopters and slowed efforts to reach the crash site.

THE ASSOCIATED PRESS

Fans of the Chapecoense soccer team mourn at the Arena in Chapeco, Brazil, on Tuesday. ANDRE PENNER/THE ASSOCIATED PRESS

Thousands trapped or displaced in Aleppo

Renewed airstrikes killed at least 20 civilians as they fled government advances in Syria's besieged eastern part of Aleppo Tuesday, opposition groups reported as troops continued to target the enclave controlled by rebel groups. The United Nations said up to 16,000 people have already been displaced in recent days of fighting.

Families flee Aleppo on Tuesday. GEORGE OURFALIAN/AFP/GETTY IMAGES

A senior military official in Damascus put the number of people fleeing the opposition-controlled area Tuesday alone at around 20,000, saying his government has put security measures in place to vet those leaving to ensure no fighters are among them and no violence takes place.

The UN estimates that 275,000 residents are trapped in the area that has been under tight siege and heavy bombardment since July. Many residents and rights groups have expressed fear of revenge or retaliation attacks during the dramatic government advances that have cleaved the territory held by opposition fighters since 2012.

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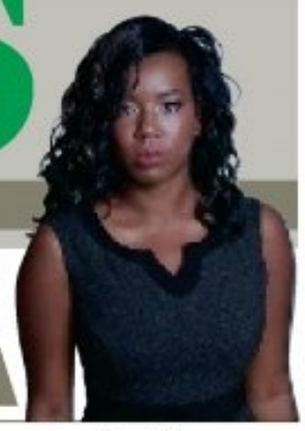

JESSICA ALLEN ON THE PITFALLS OF REBOOTS

It's good to be back in Stars Hollow, the fictional town the original Gilmore Girls was set in, but it's not quite the same.

I headed straight to the grocery store on Friday after work to pick up provisions for devouring the new Gilmore Girls miniseries on Netflix. Judging from the congestion in the baked goods aisle — and the lack of Pop Tarts — others had the same idea.

And judging from social media chatter and online think-pieces, there's near consensus: the four-episode-long A Year In the Life is a little like cold pizza. It is good, because it's pizza. Sometimes cold pizza even tastes better than hot pizza. But it's still…cold pizza.

In other words, it's good to be back in Stars Hollow, the fictional town the original series was set in, but it's not quite the same.

Although the title characters, Lorelai and Rory Gilmore, are still wearing their circa-2003 getups: flared jeans and knee-high boots with jersey wrap dresses finished off with cropped jean jackets. And they still wildly gesticulate while holding empty extra-large takeout coffee cups.

But complaining, a sport conducted around water coolers on Monday morning, is half the fun: Why did the show's creator, Amy Sherman-Palladino, let her husband and collaborator Daniel include that musical interlude? That was 10 valuable minutes that could've been spent on a shirtless Jess (one of Rory's love interests, played by Milo Ventimiglia), or on Rory's best friend Paris Geller, whose meltdown in her old private school's washroom is the funniest in the miniseries, or explaining what happened to all those wedding cakes that Lorelai's sidekick and colleague Sookie made.

These are observations from a novice. My partner Simon and I started watching the original series, which aired from 2000 to 2007, just two years ago. He'd convinced me to give Nymphomaniac, the four-and-a-half-hour sex apocalypse by the premier poet of cinematic doom Lars von Trier, a go. He fell asleep 20 minutes in. When he woke I was 10 minutes into the pilot of Gilmore Girls. It was a long winter.

I'm actually envious of the die-hard fans, including many who have seen the entire series six or seven times. They tend to be young women who watched the show with their parents when it aired. Their repeat visits to Stars Hollow, where not much goes wrong, are steeped in nostalgia. (That same sense of comfort and security was provided by the Anne of Green Gables miniseries for me: And by the by, Jess is basically cribbing from Gilbert Blythe when he tells Rory that she really ought to write what she knows.)

Three young women at my office actually said they went to journalism school because Rory Gilmore did. Another said that whenever she re-watches now, the cultural references that were famously packed into the original series resonate more deeply.

The reboot is swimming in such references. There's pop — think Kardashians, Game of Thrones and Goop — and high brow films like the Coen Brothers' Inside Llewyn Davis, David Lynch's Eraserhead, and Paul Mazursky's An Unmarried Woman, which Kelly Bishop, who plays Gilmore matriarch Emily, was actually in back in 1978.

Speaking of the Gilmore grandmother, she's given the best story arc, the best wardrobe and the best lines. After Richard, her husband of 50 years, suddenly dies, she realizes her big house, the country club and the Daughters of the Revolution are all nonsense.

"I can't spend any more time on artifice and bulls—," she says. When she moves to Nantucket and buys a house the previous owners named "Clam Shack," she says, "I guess Vagina House was taken."

Coincidentally, Rory Gilmore reads Moby Dick, partially set in Nantucket, in the show's original pilot. Emily ends up volunteering as a guide at the whaling museum there.

Self-referential full circles are hammered home elsewhere. The pilot ended with an ultimatum: Emily and Richard promise to pay for Rory's private high school, only if she and Lorelai agree to come once a week for dinner.

It ends with another: Emily will pay for the expansion of Lorelai's inn only if she and Luke promise to visit Nantucket for two weeks every summer and a week at Christmas.

Even the last four words in the reboot are, in a sense, a continuation of the cycle, although it certainly isn't the ending that most of us expected.

Part of me wishes the creators ended things by squeezing in one more pop culture reference — a tip of the hat to the ambiguous finale of the greatest television show ever created (the Sopranos). Have Rory and Lorelai meet at Luke's Diner. The misfits of Stars Hollow file in. And just as a Journey, or maybe a Steely Dan song plays, they cut to black.

THEN AND NOW Rory and Lorelai are their coffee-wielding, fast-talking selves, but the Gilmore Girls reboot on Netflix is missing some magic, Jessica Allen writes. ASSOCIATED PRESS/NETFLIX

Complaining, a sport conducted around water coolers on Monday morning, is half the fun.

Jessica Allen is the digital correspondent on CTV's The Social.

VICKY MOCHAMA

If the CBC goes ad-free, it shouldn't be to bail out the rest of the media

It's rather odd for the barons of the printed press to blame the CBC for their difficulties. Despite several years of devastating cuts and losses, five senior executives at Postmedia received a total of $2.3 million in retention bonuses.

For what they are being retained remains unclear. Yet they — and their equivalents at other major outlets — have the audacity to wander onto Parliament Hill begging for mercy.

Over the last few years, declining subscriptions, the Internet and lower advertising revenue have hit the nation's newspapers hard. They might soon only afford a small staff of interns to yell the news in your local town square.

The heads of the newspaper business have told Parliament's heritage committee that the CBC is to blame.

The CBC has made a number of changes, from running digital ads to launching an opinion section that has diversified the range of white people paid to have opinions.

Our public broadcaster behaved like a ruthless media company, which other media companies apparently did not realize was an option. These changes, they say, have hampered the ability of newspapers to sell advertising. It hasn't come up that the websites of many major newspapers look like a scanned pdf. And the existence of adblockers seems to have escaped their attention.

Up against this finger-pointing, the CBC has responded that they're only too happy to get out of the advertising game. For $418 million, they'll go ad-free like their BBC counterparts. Not only is it a clever bit of ransoming, it's an excellent response to every criticism levelled at them.

Think the CBC should get out of the opinion game? Cut a cheque for $20 million and no one there will ever use an "I feel" statement ever again.

Think the CBC's coverage of hockey and the Olympics is terrible? Drop $88 million at their Toronto headquarters. In no time, it'll be "Ron McLean? Who? Haven't heard that name in years."

Think the broadcaster shouldn't even be on the Internet? Put out the collection plate for $133 million, and soon we will have the world's most impressive publicly funded fax machine.

The numbers here are my guess, but I'm sure the CBC could offer up a more accurate price list. Hell, for a gold Starbucks card and two tickets to the musical Hamilton, they might get out of the news business altogether.

For an unwieldy bureaucracy, the CBC has managed to outfox the private companies. If their ad-free gamble works, they'll exit the diminishing returns of the advertising world with a solid financial base. And at a much lower $400K salary, CBC president Hubert Lacroix got his multimillionaire nemeses to make his argument for him.

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Bird-and-beer events latest trend among hobbyists

ROLLING STONE

Evan Rachel Wood: 'I have been raped'

Evan Rachel Wood has revealed that she has been raped twice.

The revelation comes in a letter to Rolling Stone that Wood made public on Twitter on Monday. In the note, she writes, "Yes, I have been raped." She says she was assaulted once "by a significant other" she was together with at the time, and by a bar owner during a separate incident. She says she initially questioned herself over both incidents, which she says took place "many many years ago."

The Westworld actress posted the letter after the incidents were mentioned in a Rolling Stone profile of her published earlier this month.

Wood says in the letter that she believes being raped "was one of the many factors" behind a suicide attempt when she was 22. THE ASSOCIATED PRESS

Evan Rachel Wood GETTY IMAGES

GOSSIP NEWS IN BRIEF

Dolly Parton heartbroken by wildfires in hometown- Country music icon Dolly Parton says she's heartbroken about wildfires that tore through the Tennessee county where she grew up but spared the Dollywood theme park that bears her name.

In a statement released Tuesday by her publicists, Parton said she's been watching the "terrible fires" in the Great Smoky Mountains. At least 14,000 people have been forced to evacuate the tourist area of Gatlinburg, Tennessee, and a dozen people have been injured in the wildfires.

"I am praying for all the families affected by the fire and the firefighters who are working so hard to keep everyone safe," she said.

In a video released just hours before the wildfires engulfed Gatlinburg and areas around Pigeon Forge, Parton urged people to prevent forest fires.

Parton appears with Smokey Bear in the 30-second video released Sunday by Great Smoky Mountains National Park. She tells people to avoid burning leaves and parking vehicles on dry grass, and warns that even a campfire can spark a wildfire. THE ASSOCIATED PRESS

JOHANNA SCHNELLER WHAT I'M WATCHING

A reflection of crime, slavery

THE SHOW: 13th (Netflix)
THE MOMENT: Closing credits

The closing credits of this documentary, directed by Ava DuVernay (Selma), are accompanied by regular, everyday snapshots: mothers holding babies, fathers horsing around with toddlers, smiling children at birthday parties. Three women pose next to a giant sequoia; an older lady beams at the Grand Canyon. What is extraordinary is their ordinariness, because every person in them is black.

This doc is a calm, well-reasoned wail of anguish.

This doc is a calm, well-reasoned wail of anguish. Its title refers to the 13th amendment to the U.S. Constitution, which abolished slavery but included the fateful phrase "except as punishment for a crime." DuVernay gives us a host of thinkers from Angela Davis to Newt Gingrich who make a strong case that a campaign of mistrust and abuse of African-Americans began immediately after abolition; that it persists in the criminal justice system; and that mass incarceration and programs such as Stop and Frisk have become socially acceptable substitutes for slavery and lynching.

The statistics are harrowing: in 1970, there were 358,000 Americans in prison; in 2014, 2.3 million — a disproportionate number of them black. The images are worse: chain gangs, hanged bodies, unarmed young men shot dead in the streets.

DuVernay's subjects contend that these images have power and must be shown. But she also knows they're hideously familiar. That's why the closing credit photos are such a brilliant stroke. In the U.S. circa now, the truly startling images are those of happy black people living ordinary lives.

Director Ava DuVernay gives us a host of thinkers who make a strong case that a campaign of mistrust and abuse of African-Americans began immediately after abolition. Political activist Van Jones is featured in the documentary. CONTRIBUTED

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

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ROSE REISMAN THE SAVVY EATER

THIS WEEK: Ferrero Rocher vs. After Eight Thin Dark Chocolate Mints

Chocolates go hand in hand with the holiday season, but some will land you on the naughty list.

PICK THIS

After Eight Thin Dark Chocolate Mints

Calories 120 (per 3 pieces)
Fat 3g
Saturated Fat 1.5g

SKIP THIS

Ferrero Rocher

Calories 230 (per 3 pieces)
Fat 16g
Saturated Fat: 5g

HERE'S WHY

Equivalent to a medium Dairy Queen Hot Fudge Sundae in fat.

When ending a holiday meal, there's nothing that hits the spot more than a chocolate treat. Moderation is the key to indulging in everything you love. You can get your chocolate fix with less calories and fat by opting for the After Eight chocolate mints which are free from artificial colours, flavours and preservatives. Ferrero Rocher chocolates up the calorie and fat content with nuts, and also contain modified palm oil which increases the saturated fat.

LIQUID ASSETS PETER ROCKWELL

Sip on holiday spirits while you decorate

If you haven't started decorating for Christmas by now, I'll bet every one of my Star Trek ornaments (which my family won't let me put on the tree) that this coming weekend you'll be getting your act together.

In my world something spirited to sip while you untangle strings of lights is a necessity. This year many distillers have mixed-and-mingled their familiar flavours with seasonal enhancements for trendy limited edition versions of themselves.

Jack Daniel's Winter Jack ($19.99-$23.99) is a combination of apple cider liqueur with JD's Old No. 7 Tennessee whiskey. Drinking like a spicy punch, its flavours really kick into gear once you warm up a glass in the microwave.

Kahlúa's Peppermint Mocha (375ml, $15.99-$16.95) blends the classic Mexican coffee liqueur with a shot of cool mint, while Smirnoff's Peppermint Twist ($22.99-$27.49) takes liquid candy cane to the next level. Exhilarating drunk over ice, it makes a great base for a refreshing ho-ho-holiday martini.

Prices reflect the range across the country. Some products may not be available in all provinces.

CONTROVERSY

P.EI. police threaten to play Nickelback to drunk drivers

A Prince Edward Island police department is threatening to impose the Nickelback treatment on anyone who drinks and drives.

The Kensington Police Service shared a social media post over the weekend promising to force any drunk drivers it arrests to listen to the Alberta band while in the back seat of a cruiser.

"We figure if you are foolish enough to get behind the wheel after drinking, then a little Chad Kroeger and the boys is the perfect gift for you," Const. Robb Hartlen says on Facebook.

The post created two kinds of controversy among commenters: Those offended the police service was making a joke about drunk driving, and Nickelback fans annoyed the band was the butt of the joke. THE CANADIAN PRESS

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MÉDIAS PARTENAIRES

Your *classic* chocolate chip cookie recipe

(plus two other sweet treats to see you through Christmas)

BAKING

Get set for the holidays with these recipes

Karon Liu
Torstar News Service

Chocolate Chip Cookie
Makes about 30 cookies.

This foolproof recipe is adapted from user-generated recipe database Allrecipes.com and has been rated nearly 8,000 times with a 4.5 out of 5-star rating. It has never failed for me. Fun fact: I brought these to a dinner party for British Times restaurant critic Giles Coren and he gave the cookies a thumbs up.

Cookie tip: The temperature of the butter greatly affects the overall look and texture of a cookie. When the butter is mixed at room temperature (it makes a dent when you poke it), it yields a cakey texture. When the butter is melted, it makes for a chewier and flatter cookie.

Ingredients:
- 2 cups (500 mL) unsalted butter, room temperature
- 2 cups (500 mL) granulated sugar
- 1 tbsp (15 mL) molasses
- 2 large eggs
- 2 tsp (10 mL) vanilla extract
- 1 tsp (5 mL) baking powder
- 2 tsp (10 mL) hot water
- 1/2 tsp (2 mL) salt
- 3 cups (750 mL) all-purpose flour
- 2 cups (500 mL) semi-sweet chocolate chips

Directions:
1. Prepare two baking sheets lined with parchment paper or silicone baking mats. Set aside.

2. In a stand mixer with paddle attachment or a large bowl with a mixer, cream butter, sugar and molasses together on medium speed until smooth and fluffy. Turn speed down to low. Add eggs and vanilla. Continue to mix on medium-high speed until well incorporated and fluffy in texture.

3. In a small bowl, dissolve baking powder in water. Add to bowl along with salt.

4. Slowly add flour and mix on low speed until just incorporated and there are no more streaks. Stir in chocolate chips. Do not over mix.

5. Scoop about 1 1/2 tablespoons of dough and roll into a ball. Place on lined baking sheets, leaving about 1-inch between cookies. Repeat with remaining dough. Use back of spatula or palm to slightly flatten cookies.

6. Bake at 350F (175 C) for 15 to 20 minutes until slightly browned on edges but still a bit soft.

7. Let cool for 5 minutes before transferring to wire rack to cool completely. Repeat with remaining dough.

8. Store in an airtight container for up to a week or freeze for up to a month.

Amaretti
Makes 36 cookies.

Amaretti is essentially a flourless Italian cookie, similar to a macaroon but made with almonds rather than coconut. It is crispy on the outside and soft and chewy inside and easy to make. No chilling, no rolling, no decorating. Just scoop dollops of almond paste on to the baking sheet.
This recipe is simplified from Allrecipes.com — I bought ground almonds rather than grinding the nuts.

Cookie tip: When baking with egg whites, stick to whole eggs rather than pre-separated stuff in the carton. Egg whites from actual eggs have a lower moisture content and will easily whip into meringue. Too much moisture and the batter will flatten out.

Ingredients:
- 2 cups (500 mL) ground almonds
- 1-1/2 cups (375 mL) granulated sugar
- 3 egg whites
- 1 tsp (5 mL) almond extract
- Icing sugar or unsweetened cocoa powder, for garnish

Directions:
1. Prepare two baking sheets lined with parchment paper or silicone baking mats.

2. In a bowl, mix ground almonds and sugar. Add egg whites and almond extract. Stir until a smooth, sticky dough forms.

3. Spoon heaping teaspoon-sized balls on to lined baking sheets, leaving about an inch between each ball. Bake at 300F (150C) for 20 to 30 minutes until cookies are golden brown and set.

4. Let cool for 5 minutes before transferring to a wire rack to completely cool. Lightly dust with icing sugar or cocoa powder for garnish.

5. Store in an airtight container for up to 2 days or freeze for up to a month.

Cake Mix Cookies
Makes about 24 cookies.

These cookies made from boxed cake mix (I used Betty Crocker's confetti cake mix) are perfect for people who don't cook.

Ingredients:
- 1 box confetti cake mix
- 2 large eggs
- 1/2 cup (125 mL) vegetable oil
- Sprinkles, for garnish

Directions:
1. Prepare two baking sheets lined with parchment paper or silicone baking mats. Set aside.

2. In a stand mixer with paddle attachment or a large mixing bowl with a mixer, combine cake mix, eggs and oil until well-incorporated.

3. Drop tablespoon-sized balls of mix onto lined baking sheet. Add sprinkles on top. Bake at 350F (175C) on middle rack for 10 to 15 minutes or until edges brown. For fluffier more cakelike cookies, bake on top rack until they rise and brown, about 5 to 8 minutes, then move to bottom rack to complete baking.

4. Remove from heat and let cool on tray for 10 minutes before transferring to a wire rack to cool completely.

5. Store in an airtight container for up to a week or freeze for up to a month.

These easy Italian cookies require just four ingredients and don't need any rolling or chilling. ALL PHOTOS: TORSTAR NEWS SERVICE

Use boxed cake mix to make these moist cookies.

metro WHEELS
Your essential daily news

Mercedes-Maybach S650 Cabriolet Limited capped at 300 units

Shaking off the third fiddle role

REVIEW

Latest A4 looks to climb the luxury sedan ladder

Jonathan Yarkony
AutoGuide.com

While the automotive marketplace moves frantically toward crossovers of every size, shape and sporting intent, the sedan is not yet forgotten or ignored, especially in the luxury bracket.

For generations, the Audi A4 has played third fiddle to the BMW 3 Series and Mercedes C-Class, but the new 2017 A4 has a chance to change all that. We wanted to take an in-depth look beneath the barely changed skin to see if it has the goods to satisfy the growing legion of Audi faithful and capture the minds and hearts of other luxury shoppers.

We booked it for a long-term test that will span the fall and winter so that we could see Quattro all-wheel drive in its element, test it against some key competitors, and put it through the rigors of life to see how it fares when the initial shine wears off.

But first, let's cover the basics. For 2017, Audi completely redesigned the A4, though you'd be hard-pressed to tell at first glance, as it merely nipped and tucked the body, with only a few subtle tweaks like headlights, taillights and the grille that really stand out from the previous generation. While the looks are barely altered, they do yield a very impressive 0.27 coefficient of drag, aiding efficiency and reducing wind noise as the air slips over the body.

If you think the powertrain is just the same old 2.0T Quattro, well, it basically is, but with incremental changes that make a world of difference. With a configuration that was ahead of its time by a couple decades in this segment, Audi has had a huge head start developing and refining turbocharged four-cylinder powerplants.

This latest iteration doesn't necessarily blow the competition away with its power, but it's as smooth and slick as any four-cylinder turbo we can think of, as is the seven-speed dual clutch automatic. It's good enough to get to go from 0 to 100 km/h in six seconds flat, but it's the 273 lb-ft of torque available from 1,600 to 4,500 rpm that make it satisfying and rewarding in every situation.

Manual transmission fans will be pleased to know that you can choose to row your own in any A4 trim as a no-cost option. However, most owners will likely stick with the 'S tronic' dual clutch auto, which is how our test vehicle is equipped.

Those that are seeking greater efficiency in an A4 have a front-wheel drive option. The top efficiency option is the Ultra powertrain, a lighter tune of the new 2.0T making 190 hp and 236 lb-ft, which promises a thrifty 6.4 L/100 km highway, 8.7 in the city and 7.6 combined, respectively. This is also the most economical model in the lineup, starting at $38,500 in Canada for the Komfort trim or $42,300 for the Progressiv trim.

THE CHECKLIST | 2017 AUDI A4

THE BASICS

Engine: 2.0-litre four-cylinder turbo
Power: 258 hp; 273 lb-ft of torque
Transmission: Seven-speed dual-clutch automated manual
Curb Weight: 1,645 kg
Fuel Economy (L/100 km): 9.8 city, 7.6 hwy, 8.6 combined
Price: Starts at $38,500

LOVE IT

- Headlights, taillights and grille stand out from the previous generation
- Android Auto/Apple CarPlay and a pair of USB ports to which you can easily connect your phone rather than Audi's proprietary plugs of generations past.
- Adaptive cruise control is top notch

LEAVE IT

- Doesn't blow the competition away with power (but still smooth and slick)

HALO CARS

Tech from the BMW i8 is trickling down to regular cars

Sami Haj-Assaad
AutoGuide.com

When it hit the market, the BMW i8 was lauded for its awesome looks and futuristic technology. A few years later, the i8's advanced powertrains and unique production methods have trickled down to regular cars in the BMW Group lineup.

That pattern describes exactly what a halo car should be: a car that sits on top of an automaker's lineup that shines a positive light on all other cars in the family. A halo car represents the very best of what is offered from a brand. It should excite potential customers and give them a peek into what the future holds, with the thought that the things that make the halo car so special will end up in regular cars.

The i8's halo effect started in the 7 Series, where BMW applied the lessons it learned in making the i8's (and i3's) carbon fiber passenger cell to the large luxury sedan. At the time of its introduction, the latest generation 7 Series sported more carbon fiber than in any mass-produced car to date. The creation of the i8 also contributed to the development of carbon fiber parts on M2, M3 and M4.

The i8's trickle-down effect is continuing with the hybrid propulsion in three cars: the 330e, the 740e xDrive, and the X5 xDrive40e. All models use a hybrid powertrain comprised of a turbocharged four-cylinder and an electric motor.

Speaking with Jose Guerrero, Product Manager for BMW i and BMW M, he explained that the main focus for BMW is to not let the new hybrid vehicles feel like something boring to drive.

To do that, they looked to the exhilarating BMW i8, a car that is commonly described as a blast to drive, despite its relatively low power numbers (357 hp). The fun-to-drive nature comes through an e-Boost feature that uses the electric motors to provide extra acceleration.

At the same time, the BMW hybrids cars are extremely fuel friendly and can be plugged in — they have an all-electric range of 23 kilometres on a single charge.

Carbon-fibre parts and hybrid powertrains are some of the gifts the i8 is lending to other models. COURTESY BMW

metro SPORTS

"Win a major and you're done. But if you win a major, you're going to want to come back": Tiger Woods ponders the best way to end a golf career

1 Support — Loyal fans cheered on the Grey Cup champions during their victory parade Tuesday.

2 Touching is believing — Nick Taylor shares the Cup with Redblacks fans.

3 Wounded warrior — Cup MVP Henry Burris attends Tuesday's celebrations on crutches.

4 Passing it round — Ernest Jackson takes his turn with the silver chalice.

ALL PHOTOS JUSTIN TANG/THE CANADIAN PRESS

Ottawa paints the town Red

GREY CUP 2016

Fans line streets to celebrate first title for capital in 40 years

Henry Burris is rarely at a loss for words, but even he had trouble describing his feelings as a crowd of thousands came out in support of the Ottawa Redblacks.

Fans lined up to witness Ottawa's first sports championship parade in 40 years as the Redblacks celebrated their 39-33 overtime Grey Cup victory over the Calgary Stampeders on Sunday.

"Being able to experience this and see the number of people that turned out and the waves of people lined up, I honestly had a tear come to my eye," said Burris, who was using crutches to get around.

"You truly have no idea when you talk about 40 years (since the city's last Cup) and a city that loves football the way people do here in Ottawa. To hear the jubilation and the excitement of the people and to be a part of this is like a dream come true."

Burris was named the game's MVP as the 41-year-old veteran delivered one of the best performances of his career despite playing with an injured left knee. With local school buses cancelled due to early morning freezing rain, children were out in abundance to cheer on their local heroes. Grandparents who had once cheered for the Ottawa Rough Riders, who won the Grey Cup in 1976, were now excited to share memories with a whole new generation of football fans.

"I was one year old the last time they won a Grey Cup here," said Burris. "To be a part of helping bring the Grey Cup back is something we dreamed about when we signed to come here and to actually know we made it happen is totally awesome."

> **"To hear the jubilation and the excitement of the people and to be a part of this is like a dream come true.**
> Grey Cup MVP Henry Burris

The parade culminated with a fan rally in Aberdeen Square at Lansdowne Park.

Players were introduced to the boisterous crowd and some even brought their own children on stage to experience the moment, including Burris who dedicated the win to his family.

Burris, who earned the loudest cheers, told the crowd he would likely need surgery on his left knee. The crowd began chanting "one more year," but he said that he would wait until the new year before making a decision on his future.

Like Burris, offensive lineman Jon Gott is one of the few players who have been with the Redblacks since day one and to be a part of Tuesday's festivities is not something he'll soon forget.

"I don't think anyone in the league thought we'd do what we did in three years," said Gott. "It was rough playing that first season and then they brought in guys last year and we built on it and now we're Grey Cup champions. The parade was spectacular and to be a part of it was a once in a lifetime experience. It was awesome."

Coach Rick Campbell, known for his calm demeanour, was high-fiving fans along the parade route and later led the crowd in a "Let's go Redblacks" chant.

"This was an unbelievable day for all of us," Campbell said. "I'm just so proud to be a part of this whole thing and be a Redblack. As we came down Bank Street you realized you were part of something that's bigger than yourself and I'm so proud to call Ottawa home."

Ottawa hosts the Grey Cup next year. THE CANADIAN PRESS

NFL

RG3 relieved after getting the all-clear

Robert Griffin III has been cleared by doctors to play again this season. RG3 still needs Browns coach Hue Jackson's blessing.

Griffin passed a final medical test on his injured left shoulder and can now take full contact, paving the way for the quarterback to play on Dec. 11 when the winless Browns return from a bye week against Cincinnati. Griffin hasn't played since the season opener — his debut for Cleveland — when he broke a bone in his shoulder while scrambling in the fourth quarter of a loss to the Philadelphia Eagles. "I promise my teammates and coaches to give them everything," Griffin said Tuesday. THE ASSOCIATED PRESS

> **"Beyond blessed to have a chance to get back on the field.**
> Robert Griffin III

IN BRIEF

Investigation into sexual abuse in British soccer

British police investigating sexual abuse in soccer have received calls from 250 people, the government announced Tuesday, as FIFA said the scandal could lead to offences by youth coaches being exposed worldwide.

Chelsea also opened an investigation into an employee from the 1970s who is now dead, while the English Football Association acknowledged it was braced for compensation claims. THE ASSOCIATED PRESS

Brewers sign first baseman Thames to 3-year $16M deal

Free agent Eric Thames agreed Tuesday to a $16 million, three-year contract with the Milwaukee Brewers, who cut first baseman Chris Carter after a 41-homer season that tied for the National League lead.

A 30-year-old first baseman and outfielder who spent the last three seasons with the NC Dinos in South Korea. Milwaukee has a $7.5 million option for 2020 with a $1 million buyout. THE ASSOCIATED PRESS

HOCKEY

Canucks not lacking motivation for juniors

Hockey Canada's Scott Salmond feels there will be no shortage of motivation for the Canadian players at the 2017 world junior hockey championship.

Canada didn't make it past the quarter-finals at the 2016 tournament in Helsinki, falling to eventual champion Finland. Salmond says that disappointing loss has players feeling like they have something to prove at the Dec. 26-Jan. 5 event in Montreal and Toronto.

"I think there was a level of embarrassment to the result last year," Salmond said Tuesday after the team's camp roster was announced. "I don't necessarily think to the performance, but to the result. I think there's some guys like Dylan Strome, who is very focused on trying to redeem what happened last year."

Strome, an Arizona Coyotes prospect who plays for the OHL's Erie Otters, is one of five returning players who will compete for a spot on Canada's 22-man roster. THE CANADIAN PRESS

MAKE IT TONIGHT

Easy One-Pot Chicken Cacciatore

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Is there anything that brings mouths to the kitchen quicker than the smell of a stew?

Ready in 30 minutes
Prep time: 10 minutes
Cook time: 20 minutes
Serves 4

Ingredients
- 1 Tbsp olive oil
- 4 boneless, skinless chicken thighs
- Salt and pepper
- 1 lb mushrooms, cleaned, trimmed and sliced
- 3 cloves of garlic, minced
- 1 Tbsp rosemary, minced
- 1 x 19 oz canned whole tomatoes
- 1 x 15 oz canned cannellini beans, rinsed and drained
- Salt and pepper to taste

Directions

1. Pour oil into a large Dutch oven or pot over medium heat. Slice the chicken thighs into about four pieces each and season them with a good pinch of salt and pepper. Working in batches, brown the meat. Don't worry about cooking it through. When the meat is brown, set it aside on a clean plate, drain off all but 2 Tbsp of fat.

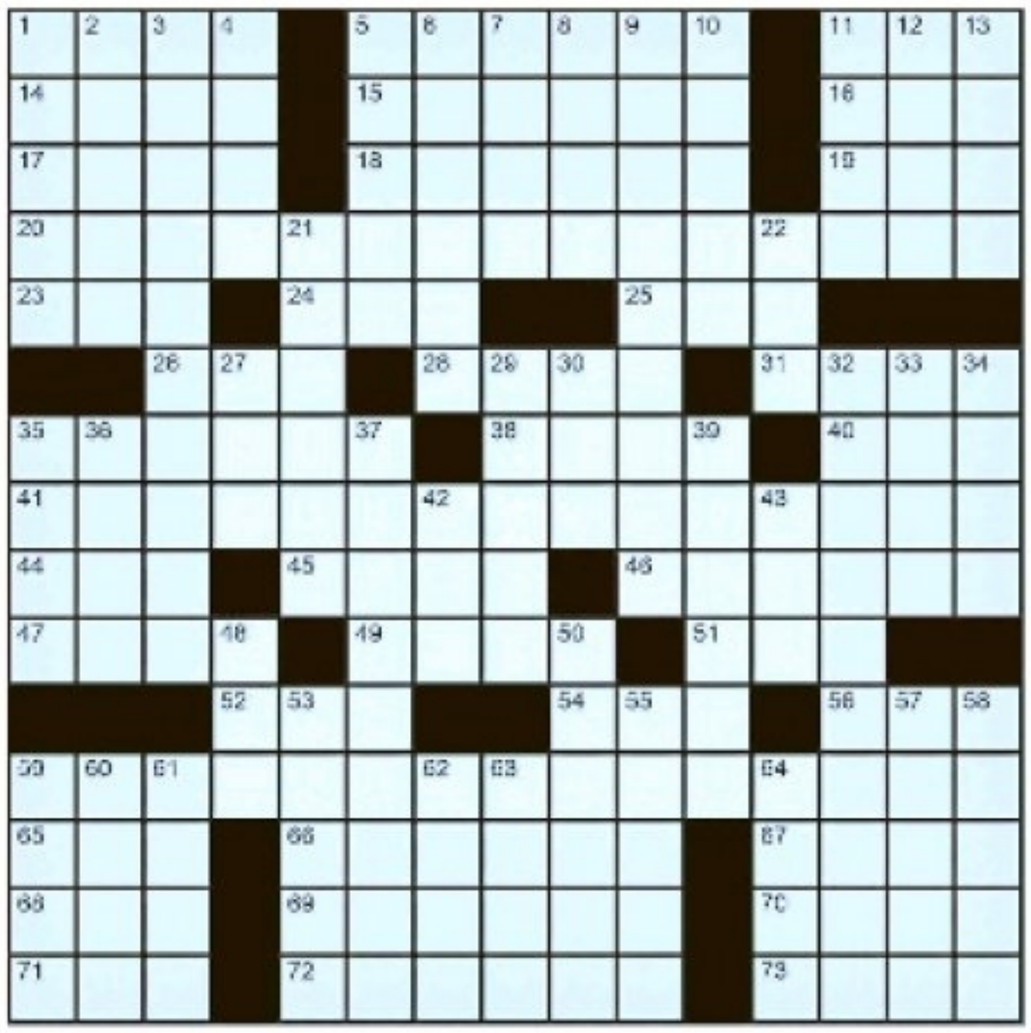
2. Reduce heat slightly and toss in mushrooms. Once they've cooked down, about three minutes, add the garlic and rosemary and sauté for another minute.

3. Now add your tomatoes and beans. Use the back of a wooden spoon to break up the tomatoes. Add the cooked chicken pieces and allow everything to simmer for about 15 or 20 minutes. Taste to check seasoning and add salt and pepper to taste.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. "__ the Knife"
5. Fiercely criticize
11. Bashful
14. Get __ deal
15. The Grand __
16. The Raven's writer
17. Village People hit
18. __ long pause (When the sentence was continued, perhaps)
19. Gremlin
20. Where crews work in theatre: 3 wds.
23. Wide shoe width
24. That, in Tijuana
25. Flight-leaving info
26. Cornfield call
28. Virtually, in verse
31. Swindle
35. Sister of Moses
38. Vardalos and Peeples
40. Sherbrooke 'street'
41. As a home outfitted with upgrades to keep heat in and drafts out: 2 wds.
44. Mailing request [acronym]
45. Existence
46. Go around
47. Cross of ancient Egypt
49. Contract condition
51. No longer working [abbr.]
52. Whiz
54. 'Hect' ender
56. 'Lobby' suffix
59. St. Lawrence... How Jacques Cartier spent his early time in the New World: 3 wds.
65. UK honour [acronym]
66. Denzel Washington football movie, "Remember the __" (2000)
67. Dame __ Te Kanawa (New Zealand opera star)
68. Rocky hill
69. Form a group to tackle a project: 2 wds.
70. "Let __ __" by Luba
71. Prefix to 'Clean' (Infomercial product)
72. Take to be true
73. Nice 'n Easy products

DOWN
1. "We'll see."
2. Military force, in French
3. Situated in British Columbia's Gold Country, this tourist village is northwest of Kamloops: 2 wds.
4. "The Bridge on the River __" (1957)
5. Bunches
6. 1970s-style tunic
7. Li'l literary collection
8. Chinook salmon
9. Mane's material: 2 wds.
10. Legislate
11. Whirl
12. Dwelling
13. Uh-huhs
21. Yanni's music: 2 wds.
22. Mr. Asner's
27. Ventilate
29. Deduce
30. Image file type
32. Michelangelo's gift
33. Jane, to Bridget Fonda
34. Apportion
35. Geological flattop
36. __ __ instant
37. CBC's "Murdoch __"
39. Sporty points-getter
42. Compass point
43. 'Favour' finisher
48. Mr. Holbrook
50. "__, P.I."
53. Terra __
55. Rudolf Erich __ (18th-century writer of Baron Munchausen tales)
57. The Red __ (RCMP dress uniform)
58. Three-membered groups
59. 'External'-meaning prefix
60. Gaming console name
61. Roz's portrayer on "Frasier"
62. "Take __ __ a blessing."
63. "__, the Killer Whale" (1966)
64. "__ __ you not!" (Seriously!)

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Be careful about endorsing political and religious ideas today, because you might be confused. Perhaps someone who is talking too fast is trying to confuse you? It could be anything.

Taurus April 21 - May 21
This is a poor day for important discussions about inheritances or how to divide or share something. You will find it difficult to stand up for your rights. Postpone this discussion.

Gemini May 22 - June 21
Relations with partners and close friends are bit fuzzy today. People are not sure who is responsible for what, or where their exact boundaries are.

Cancer June 22 - July 23
You might feel tired at work today. This is why you should not take on more than you can handle. Don't push yourself. Be reasonable

Leo July 24 - Aug. 23
Romance might be disappointing today, probably because you had unrealistic expectations. Perhaps you misunderstood what was really going on. Parents should be vigilant about their kids.

Virgo Aug. 24 - Sept. 23
During a family discussion today, you will have a tough time standing up for your rights because you feel like a second-class citizen. Don't worry — you are not second-class. This is just the feeling you have today.

Libra Sept. 24 - Oct. 23
Discussions are confusing today. In addition to this, you might spend a lot of time daydreaming. Oh well.

Scorpio Oct. 24 - Nov. 22
This is a poor day for making important decisions regarding finances and cash flow, because you are a bit confused. Assume nothing. Postpone important decisions that affect your assets..

Sagittarius Nov. 23 - Dec. 21
You feel sympathetic to others today. However, you also feel a bit helpless about your ability to help someone. It's frustrating.

Capricorn Dec. 22 - Jan. 20
Your concern for those who are less fortunate than you is genuine today. Nevertheless, you are not sure what to do. It happens.

Aquarius Jan. 21 - Feb. 19
Someone in a group situation (or possibly a friend) might sweet-talk you into something you don't really believe. If you think something fishy is going on, it is!

Pisces
Feb. 20 - March 20
Confusion with bosses and parents is likely today. Be clear in all your communication so as to avoid misunderstandings. Clarify instructions if someone asks you to do something. Assume nothing.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

	5		9	4	6		2	
4	3					5		7
				7			4	
8			6					2
3		4				6		1
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2	8	6	7	3	9	4	5	1
9	5	1	4	2	6	7	8	3
8	4	2	9	1	5	6	3	7
5	3	9	6	4	7	1	2	8
6	1	7	2	8	3	5	9	4
7	2	5	3	9	1	8	4	6
4	6	8	5	7	2	3	1	9
1	9	3	8	6	4	2	7	5

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